

# LEHIGH VALLEY COMETS

1985 - 1986



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# emc

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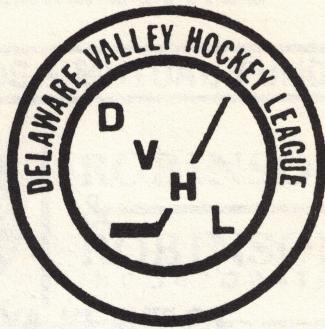
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**1984 - 1985 TEAM MANAGERS**

MITES .....	VICKI CUVO
SQUIRTS A.....	ED RUPPE
PEE WEE A .....	PHIL SEITZER
PEE WEE B .....	FRANK KOLLAR
BANTAM B GREEN.....	KEN MOERSHEL
BANTAM B WHITE.....	GINNY BONNER
MIDGET .....	DICK STEMP

## TO THE PLAYERS AND THE COACHES:

- ✓ Motivation and the psychological elements of hockey make up 90 percent of the game and greatly affect the outcome. These two qualities make the difference between a good hockey player and a great one.
- ✓ Players involved in youth hockey at all age levels should enjoy the game for what it has to offer, and the coaches should always keep pressure at a minimum.
- ✓ Hockey is a very basic game. It is based on good skating and taking advantage of opportunities. The game boils down to offense, defense, and more times than not, scoring on 2-on-1 and 3-on-2 situations. Don't let anything influence these simple parts. Keep hockey basic.

## TO THE PLAYERS:

- ✓ Concentrate on the game you are about to play, and concentrate on improving your skills. Always strive to give hockey 100 percent and do your best.
- ✓ Performance is the result of endurance, strength, flexibility and game skills, but it is your mental attitude that coordinates and commands the entire system.
- ✓ To develop the basic skills of skating, stick handling, and shooting, constant practice and repetition are required. Nothing comes to you overnight.



## TO THE COACHES:

- ✓ Your players should be taught to be unselfish and forsake personal objectives for the good of the team. Teamwork is the most important concept.
- ✓ From Mites to Bantams, players shouldn't be exposed to any unnecessary pressure. Their game should be disciplined, but disciplined in an encouraging manner.
- ✓ Approval and the coaches' satisfaction are the greatest motivation to a player. If you must criticize, try to follow it with something positive.
- ✓ In bringing out the weak aspects of their game, also bring out your players' strengths. Be honest and fair, and try to build your players' confidence.

No matter how good a player is, he or she should have the opportunity to develop skills without being over exposed to outside pressures from parents and coaches to win. Confidence and having a positive attitude are more useful to a player than even the fastest of slap shots. Hockey is only a game, so let it be fun. □

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## MITES

**Back Row:** Assistant Coach Herman Danenhower, Coach Dave Dobb, Assistant Coach Gene Trexler. **Middle Row:** Craig Trexler, Matt James, Tom Ruppe, Pat Ruppe, Mike DeLong, Ned McIlwain, David Walko. **Front Row:** Jackson Hann, Chad Cuvo, Peter Danenhower, Jason Cudzil, Anthony Gagliardi, Linde Beedle, Brett Dabb, Bryan James, Mike Sipple.

## FLUCK'S HARDWARE

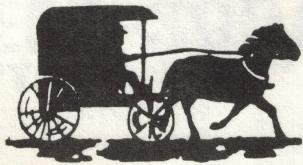
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## SQUIRT - A

**Front Row (left to right):** Chris Walker, Dennis Ruppe, Jonathan Shingles, Jeff "J.A." Uhler, Mike Roeder, Marco Perna, Robbie Roll. **Standing:** Eric Kollar, Eric Trexler, David Gagliardi, Billy Maurer, Than Sbar, Chris Melchior, Andy Turner, Randy Yerger. **Coaches:** Gene Trexler, Head Coach Morris Roeder, Team Manager Ed "Grandpa" Ruppe.



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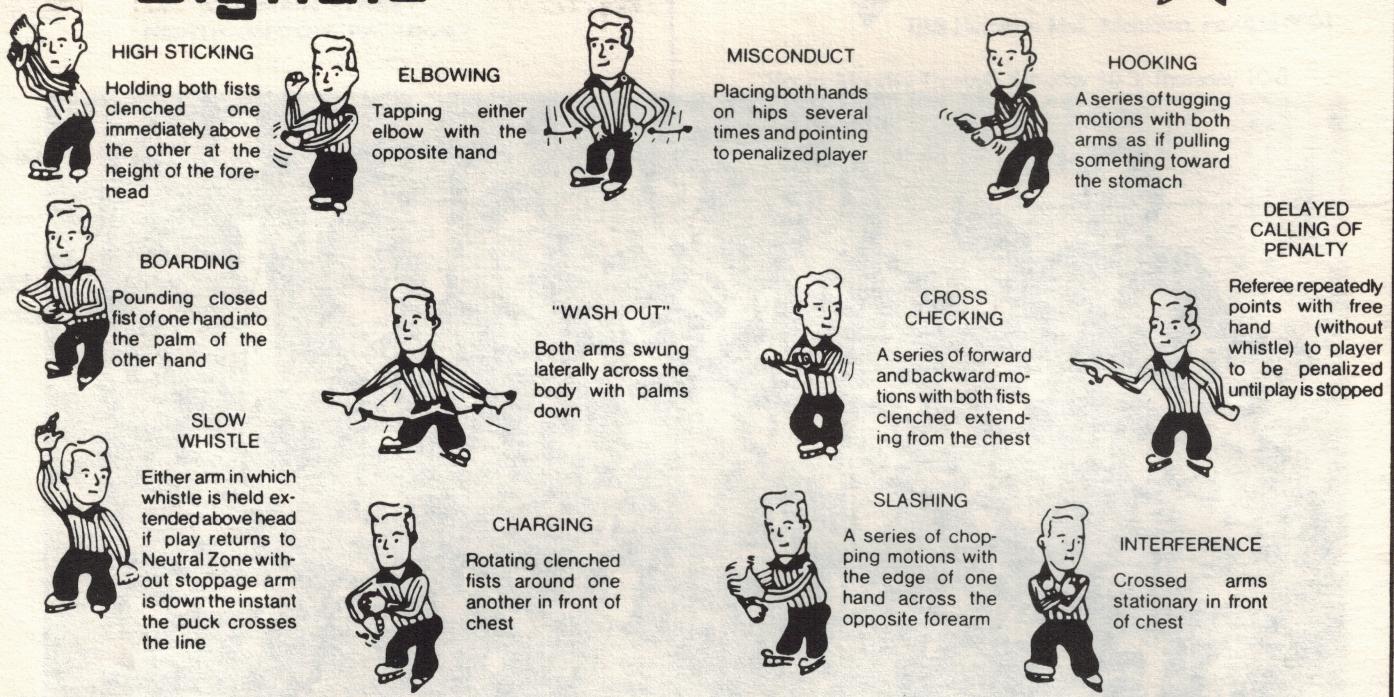
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## PEE WEE - A

**First Row (left to right):** Manager Phil Seitzer, Jim Brady, Brian Visser, Goaltender Jeff Kloss, Brian Mancke, Bill Lease, Geoff Thomas.  
**Second Row:** Assistant Coach Paul Kloss, Tyler Rife, Erin Peavler, Chris Stierle, Dan Seitzer, Lisa Mancke, Coach Pete Visser.

# Official's Signals



## HOCKEY VOCABULARY

**BACK CHECKING**—To check an opponent in your defending zone.

**BOARD CHECKING**—To ride or drive an opponent into the dasher boards. Illegal and calls for penalty.

**BODY CHECK**—To use your body to block or hit an opponent. Legal when he has possession of the puck or was last player to have touched it.

**CHARGING**—If more than three strides are taken before checking an opponent it constitutes charging. Illegal and calls for penalty.

**BUTT-ENDING**—To hit an opponent with the end of the stick farthest from the blade. Illegal and calls for penalty.

**CROSS CHECKING**—To hit an opponent with both hands on the stick and no part of the stick on the ice. Calls for a penalty.

**ELBOWING**—Hitting an opponent with the elbow. Illegal and calls for a penalty.

**FACE-OFF**—The dropping of a puck between one player from each team to start play. (It is to hockey what the jump ball is to basketball.)

**FIGHTING**—To engage in fisticuffs. Illegal and calls for a major penalty.

**FORE CHECKING**—Checking the opponent in his own zone.

**FREEZING THE PUCK**—Pinning the puck against the boards with either your skate or stick.

**HAT TRICK**—Three (or more) goals by a single player in a game.

**HIGH STICKING**—The carrying of the stick above shoulder level. This is always illegal. If stick is used in this manner against an opponent it calls for a face-off. No goal can be scored with a high stick and high sticking always results in face-off.

**HOLDING**—To use your hands on an opponent (or his equipment.) Illegal and calls for a penalty.

**HOOKING**—To impede an opponent with the blade of your stick. Illegal and calls for a penalty.

**ICING THE PUCK**—Shooting the puck from behind the center red line across the opponent's red line. Legal only when you are at lower numerical strength than opponent; otherwise a face-off is called deep in your own zone.

**INTERFERENCE**—Body contact with an opponent not in possession of the puck (or the last man to have touched the puck.) Also called for knocking an opponent's fallen stick out of his reach. Illegal and calls for a penalty.

**MAJOR PENALTY**—A five-minute penalty.

**MATCH PENALTY**—Suspension for balance of the game.

**MINOR PENALTY**—A two-minute penalty.

**MISCONDUCT PENALTY**—A 10-minute penalty against the individual, not the team. A substitute is permitted. Called for insubordination or when a player incurs a second major penalty in a game.

**OFF-SIDES**—Called when an attacking player precedes the puck across the opponents' blue line. Illegal and calls for a face-off.

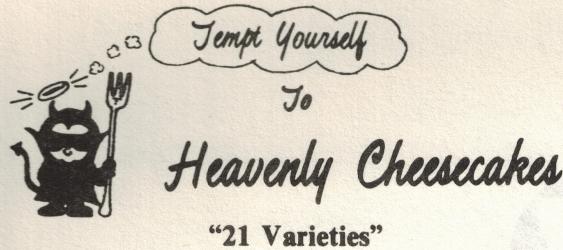
**OFF-SIDE PASS**—Called when puck is passed to teammate across two or more lines. Illegal and calls for face-off from point where pass originated.

**POWER PLAY**—An all out attempt to score (with man-power advantage). Team usually uses four forwards and one defenseman in this situation.

**ROUGHING**—Minor fisticuffs or shoving. Illegal and calls for a minor penalty.

**SLASHING**—To swing stick at an opponent. Illegal and calls for a penalty (even if contact is not made).

**SPEARING**—To use stick as one would a spear. Illegal and calls for major penalty.



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## **PEE WEE - B**

**Top:** Coach Mike Martin, Brian Gillette, Ryan McKinnon, Matt Bergey, Doug Genovese, Derek Root. **Bottom Row:** Ken Woolley, Justin Kollar, Kevin Bridges, Mike Laskoski, Steve Bourbon, Scott Wilkinson, Robert Karch. **Missing:** Greg Potts, Head Coach Ken Woolley, Assistant Coach Jack Potts, Assistant Coach Ed Root.



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## BANTAM B - GREEN

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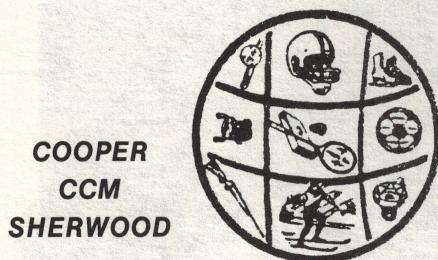
## BANTAM B - GREEN

**Top Row (left to right):** Coach Tony Szalacha, T. K. Long, Paul Kempf, Dan McGinley, Peter Miller, Manager Ken Moerschel, Richie Uhler, Chad Loomis, Steve Karch, Guy Lavrin, Assistant Coach Bob Loomis, Assistant Coach Tom Stephens. **Bottom Row:** Robbie Moerschel, Brian Chickey, Matt Stephens, Bubba Szalacha, Jeff Prater, Scott Sassaman, Matt Corcione.

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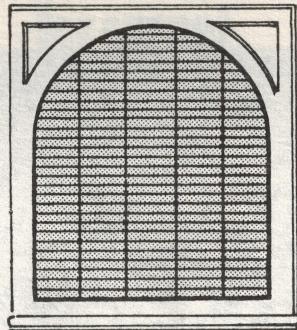
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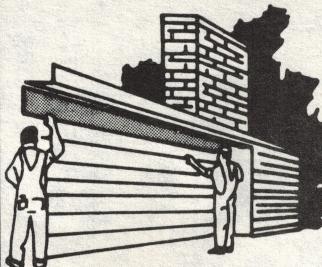
## BANTAM B - WHITE

**Front Row:** Jon Fullam, Jon Decker, Rich Seagreaves, Josh Darlington, Jon Boor, John Rosko. **Top Row:** Assistant Coach Tim Seagreaves, Tom Dellecave, Mike Cochran, Greg Post, Kyle Gabovitz, Martin Kazimir, Eric Fennell, Pat Bonner, Head Coach Mark Gabovitz. **Missing:** Walt Piekanski.



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# MIDGETS

**First Row:** Coach Stan Stierle, Chris Jarrett, Jeff Hale, Duane Sprow, Scott Clause, Mike Engleman, Stan Stierle, Matt Loomis, Coach Bruce Hale. **Second Row:** Scott Roberts, Jeff Bourbon, Arden Snyder, Greg Paxson, Mark Stemp, John McDonald. **Missing:** Tim Toy.

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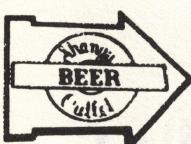
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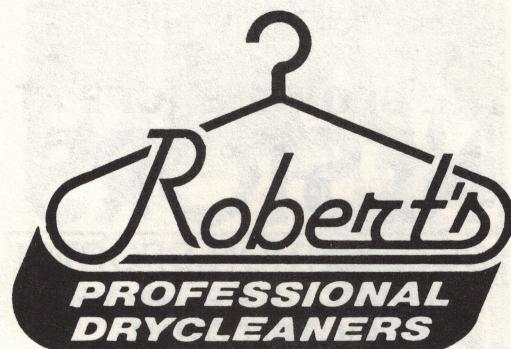
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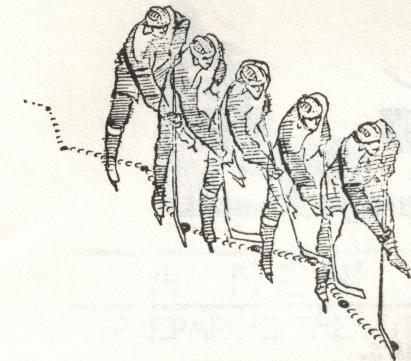
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# HOCKEY TIPS



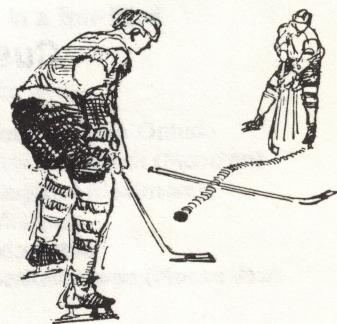
## Stickhandling

1. Never stickhandle in front of your goal and avoid prolonged stickhandling in your defensive zone.
2. Passing moves the puck faster than stickhandling.
3. Master side-to-side stickhandling before trying to develop other methods.
4. Never stickhandle with your head down. The more you can feel the puck, the less you have to glance down and the better you will be.
5. The ability to decoy checkers is a vital part of the stickhandling art. Develop a variety of moves.
6. Study the opposition for individual traits and weaknesses that will give you and your teammates an advantage.

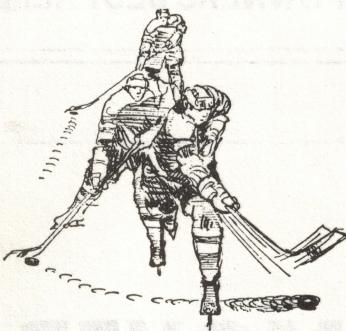
## Passing



1. The pass is a two-man tactic.
2. Do not pass across your goal. Do not make blind passes.
3. When in shooting range, a pass can mean a lost scoring opportunity.
4. Put a spin on the puck. Keep your eye on the target and follow through with your stick aimed at the target.
5. When receiving, let the puck come to you. Use a light touch. Be prepared to reach for the poor pass or catch it on your skates.
6. Learn to use the boards.

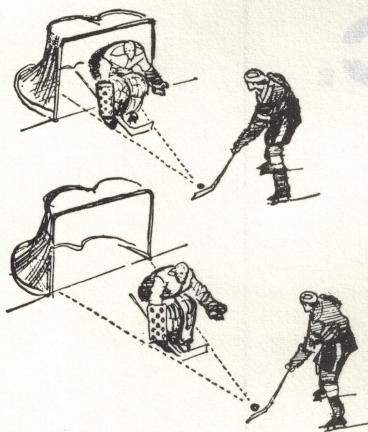


## Shooting



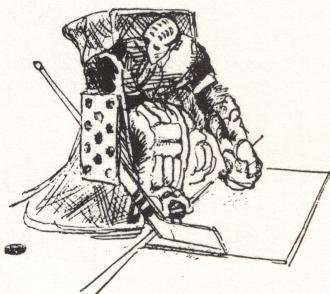
4. Don't shoot off the heel of your blade. Follow through with your blade tip on target.
5. Develop a variety of shots, and don't neglect backhand shooting.
6. After you shoot, don't stop to look at the results. Go in at once for the rebound.

1. Your best shooting position is in the slot, a rectangular area from ten to twenty-five feet in front of the goal.
2. Scoring chances on low shots are better than high shots, and the goalie's stick side is better than his glove side.
3. Try to make the goalie start a defensive move before you shoot.



## Goaltending

1. Keep your eye on the puck.
2. Keep your legs together and your stick blade on the ice.
3. Clear or smother a loose puck immediately.
4. Keep between the goal and the puck at all times, even when the action is well out of your zone.
5. After a body drop, get back on your skates at once.
6. Enlist help from your teammates in preventing screen shots.
7. Talk. With just a few words, you can point out defects and organize a tight defense.



## Penalties

1. The rules are designed to prevent injuries and keep the game clean and exciting.
2. Learn to control your temper. You cannot help your team from the penalty box.
3. You may get away with a penalty once or twice behind an official's back, but you cannot keep this up. Hockey is too fast a sport with too much going on for anyone to "play" the officials.
4. Keep up with the current rules governing your league.
5. Play a clean, aggressive game.



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Dear Mom and Dad:

I hope you won't get mad at me for writing this letter but you always told me never to keep back anything that we ought to bring up.

So, here goes . . . Remember the other morning when my team was playing and both of you were watching? Well, mom and dad, I hope you won't get mad at me but you kinda embarrassed me.

Remember when I went after the puck in front of the net trying to score and fell? Well, mom, I could hear you yelling at the goalie for getting in my way and tripping me. Shucks, it wasn't his fault, that's what he's supposed to do.

Then do you remember yelling at me to get on the other side of the blue line? Well, mom, I just didn't know what to do because the coach told me to cover my man, and I couldn't if I listened to you, so while I was trying to decide what to do, they scored against us. Then you yelled at me for being in the wrong place.

But, what really got me was what happened after the game. You should not have jumped all over the coach for pulling me off the ice. He's a pretty good hockey coach and a real swell guy and he knew what he was doing. Besides, he is just a volunteer, coming down at all hours of the morning, helping us kids, just because he loves sports.

And then, neither of you spoke to me the whole way home. I guess you were pretty sore at me for not getting a goal. I tried awfully hard, but I guess I'm a lousy player. But I love to play hockey. It's a lot of fun being with other kids and learning to compete in a real good sport.

But gosh, mom, and dad, how can I learn if you don't show me a good example? And, anyhow, I thought I was playing hockey for fun; to have a good time; and learn good sportsmanship.

I didn't know you were going to get so mad when I didn't become a star.

Love,  
Your Son

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